

Ashford School PE Curriculum Grades PreK-8

☰ PECurriculum Activities by Unit

To see unit activities click on the doc above.

Standard 1: Students will demonstrate competency in a variety of motor skills and movement patterns.

Dance & Rhythms

Dance & Rhythms

PreK-4: Cool Down Dances

- Laurie Berkner
- Jack Hartman
- Danny GO

5-8: Dance Videos fitness choices:

- DJ Ralph
- Just Dance

Games and Sports: Invasion and Field Games

Throwing

PreK-3: Yarn & gator ball free play

K-8: Pinball Crash the Castle

K-4: Baseball batting stations

5-8: Games and Activities:

- Ultimate Object
- Wiffle Ball
- Mat Ball
- 2-ball dodgeball

Catching

4-8: Games and Activities

- Ultimate Object
- Pinball Crash the Castle
- Mat Ball
- Wiffle Ball
- Basketball Unit
- 2-Ball Dodge Ball

Passing & Receiving

K-8: Pinball Crash the Castle

4-8: Games and Activities

- Ultimate Object
- Mat Ball
- Basketball Unit
- Volleyball Unit
- 2-Ball Dodge Ball

7-8 Elective: Flag Football

Offensive Skills

4-8: Games and Activities

- Ultimate Object
- Pinball Crash the Castle
- Mat Ball

	<ul style="list-style-type: none"> ● Volleyball Unit ● Badminton Unit ● Basketball Unit
Dribbling/Ball Control	K-8: Basketball Unit
Shooting on Goal	K-8: <ul style="list-style-type: none"> ● Hockey Unit ● Soccer Unit
Defensive Skills	4-8: Games and Activities <ul style="list-style-type: none"> ● Ultimate Object ● Pinball Crash the Castle ● Mat Ball ● Volleyball Unit ● Badminton Unit ● Basketball Unit
Games and Sports: Net/Wall Games	
Serving	4-8: Volleyball Unit 4-8: Badminton Unit
Striking	4-8: Volleyball Unit 4-8: Badminton Unit
Weight Transfer	4-8: Volleyball Unit K-8: Gymnastics Unit
Forehand and Backhand	4-8: Badminton Unit
Volleying	4-8: Volleyball Unit 4-8: Badminton Unit
Games and Sports: Target Games	
Throwing Underhand	K-8: Pinball Crash the Castle
Striking	5-8: Volleyball Unit 4-8: Badminton Unit
Games and Sports: Fielding/Striking Games	
Striking	5-8: Volleyball Unit <ul style="list-style-type: none"> ● Wiffle Ball ● Mat Ball
Catching	K-8: Pinball Crash the Castle <ul style="list-style-type: none"> ● Baseball Drill 5-8: Wiffle Ball Unit <ul style="list-style-type: none"> ● Mat Ball

	<ul style="list-style-type: none"> ● Kick Ball
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Outdoor Activities	
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Outdoor Activities	5-8: Capture the Flag <ul style="list-style-type: none"> ● Kick Ball ● Corn Hole ● 4-Square ● Gaga Pit ● Ladder Ball ● Connect 4 XL
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Individual Performance Activities	
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Individual Performance Activities	Fitness Testing
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Standard 2: Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.	
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Games and Sports: Invasion Games	
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Creating Space with Movement, Offensive Tactics, using Width and Length	K-4: Movement Games (Used throughout the year) <ul style="list-style-type: none"> ● Red Light, Green Light ● What time is it Mr. Fox ? ● Turkey Tag ● Island Movement ● 4-Corners ● Scooter Free-Play K-4: Tag Games (Month they are introduced and then used throughout the year) <ul style="list-style-type: none"> ● Fishy, Fishy, Cross My Ocean (September) ● Gingerbread Man Tag (December) ● Grinch Tag 4-8: Sportlike Games/Activities <ul style="list-style-type: none"> ● Pinball Crash the Castle (Throughout the year) ● Basketball Unit (November) ● Hockey Unit (December/January) ● Handball Unit ● Volleyball Unit (January) ● Lacrosse Unit ● Ultimate Object/Frisbee Unit ● Capture the Flag (May)
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Reducing Space by Changing Size and Shape and Using Denial	4-8: Sportlike Games/Activities <ul style="list-style-type: none"> ● Pinball Crash the Castle (Throughout
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	<p>the year)</p> <ul style="list-style-type: none"> ● Basketball Unit (November) ● Hockey Unit (December/January) ● Handball Unit ● Volleyball Unit (January) ● Lacrosse Unit ● Ultimate Unit ● Capture the Flag (May)
Transitions	See above list from “Creating Space with Movement, Offensive Tactics, using Width and Length”
Games and Sports: Net/Wall Games	
Creating Space through Variation	<p>4-8:</p> <ul style="list-style-type: none"> ● Badminton Unit ● Volleyball Unit
Using Tactics and Shots	<p>4-8:</p> <ul style="list-style-type: none"> ● Badminton Unit ● Volleyball Unit
Games and Sports: Target Games	
Short Selection	<p>K-8: Pinball Crash the Castle</p> <p>4-8:</p> <ul style="list-style-type: none"> ● Badminton Unit ● Volleyball Unit
Games and Sports: Fielding and Striking	
Offensive Strategies	<p>K-8: Pinball Crash the Castle</p> <ul style="list-style-type: none"> ● Baseball Drill <p>5-8: Wiffle Ball Unit</p> <ul style="list-style-type: none"> ● Mat Ball ● Kick Ball
Reducing Space	<p>K-8: Pinball Crash the Castle</p> <ul style="list-style-type: none"> ● Baseball Drill <p>5-8: Wiffle Ball Unit</p> <ul style="list-style-type: none"> ● Mat Ball ● Kick Ball
Outdoor Activities	
Movement Concepts	<p>5-8: Flag Football</p> <ul style="list-style-type: none"> ● Capture the Flag
Individual Performance Activities: Dance and Rhythms	

<p>Movement Concepts</p>	<p>PreK-4: Cool Down Dances</p> <ul style="list-style-type: none"> ● Laurie Berkner ● Jack Hartman ● Danny GO <p>5-8: Dance Videos fitness choices:</p> <ul style="list-style-type: none"> ● DJ Ralph ● Just Dance
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Standard 3: Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Physical Activity Knowledge

<p>Physical Activity Knowledge</p>	<p>K-4:</p> <ul style="list-style-type: none"> ● Warm-Up Movements ● PreK-K Exploration of ball, scarf, scooter, and hoop use throughout the year. <p>5-8:</p> <ul style="list-style-type: none"> ● Pinball Crash the Castle (Throughout the year) ● Basketball Unit (November) ● Hockey Unit (December/January) ● Handball Unit ● Volleyball Unit (January) ● Lacrosse Unit ● Ultimate Unit ● Capture the Flag (May) ● Badminton ● Mat Ball
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Participates in Physical Activity

<p>Participates in Physical Activity</p>	<p>K-8:</p> <ul style="list-style-type: none"> ● Pinball Crash the Castle (Throughout the year) ● Mat Ball ● Gymnastics Unit ● Jumping Unit ● Whittle Unit <p>K-4:</p> <ul style="list-style-type: none"> ● Warm-Up Movements ● PreK-K Exploration of ball, scarf, scooter, and hoop use throughout the year. ● Mario Cart
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	<p>5-8:</p> <ul style="list-style-type: none"> ● Basketball Unit (November) ● Hockey Unit (December/January) ● Handball Unit ● Volleyball Unit (January) ● Lacrosse Unit ● Ultimate Unit ● Capture the Flag (May) ● Badminton ● Mat Ball
Fitness Knowledge	
Fitness Knowledge	Fitness Testing
Assessment and Program Planning	
Assessment and Program Planning	Fitness Testing
Nutrition	
Nutrition	Covered in Grades 5-8 Health Class
Stress Management	
Stress Management	Covered in Grades 5-8 Health Class

Standard 4: Students will exhibit responsible personal and social behavior that respects self and others.	
Personal Responsibility	
Personal Responsibility	<p>K-8:</p> <ul style="list-style-type: none"> ● Pinball Crash the Castle Mat Ball ● Gymnastics Unit ● Jumping Unit ● Whittle Unit ● WINGS Program <p>K-4:</p> <ul style="list-style-type: none"> ● Warm-Up Movements ● PreK-K Exploration of ball, scarf, scooter, and hoop use throughout the year. ● Mario Cart <p>5-8:</p> <ul style="list-style-type: none"> ● Basketball Unit ● Hockey Unit ● Handball Unit

	<ul style="list-style-type: none"> ● Volleyball Unit ● Lacrosse Unit ● Ultimate Unit ● Capture the Flag ● Badminton ● Mat Ball
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Accepting Feedback

Accepting Feedback	<p>K-8:</p> <ul style="list-style-type: none"> ● Pinball Crash the Castle Mat Ball ● Gymnastics Unit ● Jumping Unit ● Whittle Unit ● WINGS Program <p>K-4:</p> <ul style="list-style-type: none"> ● Warm-Up Movements ● PreK-K Exploration of ball, scarf, scooter, and hoop use throughout the year. ● Mario Cart <p>5-8:</p> <ul style="list-style-type: none"> ● Basketball Unit ● Hockey Unit ● Handball Unit ● Volleyball Unit ● Lacrosse Unit ● Ultimate Unit ● Capture the Flag ● Badminton ● Mat Ball
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Working with Others

Rules and Ediquette	<p>K-8:</p> <ul style="list-style-type: none"> ● Teamwork and Movement Games ● Pinball Crash the Castle Mat Ball ● Gymnastics Unit ● Jumping Unit ● Whittle Unit ● WINGS Programs <p>K-4:</p> <ul style="list-style-type: none"> ● Warm-Up Movements ● PreK-K Exploration of ball, scarf, scooter, and hoop use throughout the year. ● Mario Cart <p>5-8:</p> <ul style="list-style-type: none"> ● Basketball Unit ● Hockey Unit
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	<ul style="list-style-type: none"> ● Handball Unit ● Volleyball Unit ● Lacrosse Unit ● Ultimate Unit ● Capture the Flag ● Badminton ● Mat Ball
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Rules and Ediquette

Rules and Ediquette	<p>K-8:</p> <ul style="list-style-type: none"> ● Teamwork and Movement Games ● Pinball Crash the Castle Mat Ball ● Gymnastics Unit ● Jumping Unit ● Whittle Unit ● WINGS Program <p>K-4:</p> <ul style="list-style-type: none"> ● Warm-Up Movements ● PreK-K Exploration of ball, scarf, scooter, and hoop use throughout the year. ● Mario Cart <p>5-8:</p> <ul style="list-style-type: none"> ● Basketball Unit ● Hockey Unit ● Handball Unit ● Volleyball Unit ● Lacrosse Unit ● Ultimate Unit ● Capture the Flag ● Badminton ● Mat Ball
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Safety

Safety	<p>K-8:</p> <ul style="list-style-type: none"> ● Teamwork and Movement Games ● Pinball Crash the Castle Mat Ball ● Gymnastics Unit ● Jumping Unit ● Whittle Unit <p>K-4:</p> <ul style="list-style-type: none"> ● Warm-Up Movements ● PreK-K Exploration of ball, scarf, scooter, and hoop use throughout the year. ● Mario Cart <p>5-8:</p> <ul style="list-style-type: none"> ● Basketball Unit
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	<ul style="list-style-type: none"> ● Hockey Unit ● Handball Unit ● Volleyball Unit ● Lacrosse Unit ● Ultimate Unit ● Capture the Flag ● Badminton ● Mat Ball
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Standard 5: Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.	
Health	
Health	Taught to Grades 5-8
Challenge	
Challenge	WINGS Program
Self-Expression and Enjoyment	
Self-Expression and Enjoyment	<p>K-8:</p> <ul style="list-style-type: none"> ● Teamwork and Movement Games ● Pinball Crash the Castle Mat Ball ● Gymnastics Unit ● Jumping Unit ● Whittle Unit ● WINGS Program <p>K-4:</p> <ul style="list-style-type: none"> ● Warm-Up Movements ● PreK-K Exploration of ball, scarf, scooter, and hoop use throughout the year. ● Mario Cart <p>5-8:</p> <ul style="list-style-type: none"> ● Basketball Unit ● Hockey Unit ● Handball Unit ● Volleyball Unit ● Lacrosse Unit ● Ultimate Unit ● Capture the Flag ● Badminton ● Mat Ball
Social Interaction	

Social Interaction

K-8:

- Teamwork and Movement Games
- Pinball Crash the Castle Mat Ball
- Gymnastics Unit
- Jumping Unit
- Whittle Unit
- WINGS Program

K-4:

- Warm-Up Movements
- PreK-K Exploration of ball, scarf, scooter, and hoop use throughout the year.
- Mario Cart

5-8:

- Basketball Unit
- Hockey Unit
- Handball Unit
- Volleyball Unit
- Lacrosse Unit
- Ultimate Unit
- Capture the Flag
- Badminton
- Mat Ball

REGULAR WARM UP K-4:

- Stretches
- Line Movement

REGULAR WARM UP 5-8:

- 3 Laps: Run for 1 minute, walk for 30 seconds, stretch, upper body exercise, core exercise, repeat x3
- PACER warm-up with music and cadence. Pause every 5 laps and do an upper body, core, or stretch x3

ALTERNATIVE WARM-UPS USED THROUGHOUT THE YEAR:

- Cone flip challenge
- Head, Shoulders, Knees, and Cone
- Cup Stack Challenge
- Rock, Paper, Scissor Champion
- Knock-Out
- Foul Shot
- Staff vs Student, first to 3
- Four Corners

SCOPE & SEQUENCE

SEPTEMBER

- K-8: TEAMWORK/SPORTSMANSHIP UNIT
 - Memory Game
 - Crash the Castle/PinBall Knock Down
 - Rescue

OCTOBER

- 5-8: WINGS
- 3-8: Fitness Testing
- K-4: FALL/HALLOWEEN
 - Haunted House Tag
 - Candy Relay
 - Ghostbusters Warm-Up
 - Pinball Ghostbusters Style

NOVEMBER

- K-8: BASKETBALL
 - Money Basket
 - Around the World and Knock Out
 - Steal the Spot
 - Steal the Bacon
 - Station Work: dribbling, passing, shooting, and 2v2
 - King's Court
 - HORSE/PIG

- Basketball Golf
- 3v3 Tournament
- Minute to Win it Challenges
- K-4: KICKING
 - Free Choice with nets and peers
 - Soccer game choice
- 2-8: HOCKEY
 - Skills Review
 - Small sided games
- 4-8: 4 Square Volleyball
- K-8: Sink the Ship/Battleship
- K-6: Mayflower Ride
- K-4: Thanksgiving Shopping Relay
- K-4: Build a Turkey Relay

DECEMBER

- K-6: Elementary Holiday/Winter Themed
 - Reindeer training
 - Snowman Build Relay
 - Sleigh Ride/Reindeer Relay
 - Grinch Tag
 - Gingerbreadman Tag
 - Ice Castle Building

JANUARY

- 4-8: VOLLEYBALL
 - Stations for introduction of skills
 - Skill work: Bump (pancake, pancake, sausage, sausage, hand over hand) or Set (triangle with your pointer and thumb, over forehead)
 - Skill work: Serving (location, underhand verse overhand)
 - Game-play
 - King's Court Volleyball
 - 4 net volleyball
 - Nukem (Grade 3-4 Intro to Volleyball ideas)
- K-6: THROWING
 - Battleship
 - Star Wars
 - Oscar's Trash Can
 - Reverse Dodge Ball
 - Handball

FEBRUARY

- K-6: SUPER BOWL
 - Football Stations:
 - <https://docs.google.com/document/d/1dtGSXf7RXZX20gE1rUw91NtFrHGxzbdnAjZnk8ow9s4/edit?usp=sharing>

- K-6: WINTER OLYMPICS
 - https://docs.google.com/document/d/1015uZT0H1yu_WhB08xKK1jPcrTjtagMFIAk5dP4at80/edit?usp=sharing
- K-6: GYMNASTICS UNIT
 - https://docs.google.com/document/d/1_rnVpb0x4zWRlpPiraaPqT2fMkPFJ8eT-U8kA4JTHf8/edit?usp=sharing

MARCH

- K-8 WHITTLE
 - 5-8: Whittle and Choices
- FITNESS TESTING (FINALS)
- K-6: JUMPING
 - Jumping Rope
 - Jumping Hoops
 - Jumping and Landing Stations
 - Helicopter
- 4-8: IMPLEMENT STRIKING: Badminton/Pickle Ball
 - Skills: Serving, striking (spike/backhand)
 - Line rules/serve rules
 - Volleying
 - King of the Court
 - Tournament

APRIL

- SOCCER
 - Skills: control, passing, kicking, throw-ins
 - 4 goal
 - Steal the Bacon
 - Steal the Spot
- BASEBALL/SOFTBALL
 - Fielding Drill
 - Base tag
 - Mat ball
 - Wiffle ball
 - Skill stations

MAY/JUNE

- 4-8: HANDBALL
 - Ultimate Object (Grades 4-6)
 - Ultimate Frisbee (Grades 6-8)
- Field Day Preparations
 - Relay races
 - Tug-o-war
 - Obstacle Course
 - Minute-to-win-it challenges

- Outdoor Capture the Flag
- Outdoor Lifetime Activities
 - Connect 4
 - Cornhole
 - Badminton
 - Scoops
 - Ladder Ball